

CFW President Regina L. Oldak: Woman of Achievement

Commissioners

Regina L. Oldak
President

Leila Aridi Afas
Vanessa Atterbearly
Jennifer Cryor Baldwin
Jane Hobdy
Chandra Holloway
Wilma K. Holmes
Resa Levy
Jaclyn R. Lichter
Ivonne C. Lindley
Larniece McKoy Moore
Manar S. Morales
Tedi Osias
Sanjay Rai
Jocelyn F. Samuels

Staff

Executive Director's
Office

Judith Vaughan-Prather
Executive Director

Leah Goldfine
Ruby Marcelo
Paula S. Rodgers

Counseling & Career
Center

Elma Rambo
Program Manager

Janet Akman
Fran Berger
Victoria Carballo
Louise Hanson
Janice Herold
Nancie Kenney
Susan Koenig
Clotilde Puertolas

In a ceremony attended by nearly a hundred women and men from all across Montgomery County, Regina L. Oldak, president of the Montgomery County Commission for Women was honored as one of Montgomery County's Women of Achievement.

In introducing her, Commissioner Tedi Osias said, "Not only does Reggie tackle the tough issues, she does so with courage and humor. She leads by example, takes the high road, and brings us along with her."

Reggie, as she is known to her friends and colleagues, was elected president of the Commission for Women in 2007 and was reelected in 2008. She has served on the Commission for five years, and under her leadership, the Commission has addressed many challenges confronting the women of our county, including immigrant women and mothers struggling with poverty. She has chaired the planning committee for the Women's Legislative Briefing, served as vice president twice during her tenure on the Commission, and represented the Commission on the Board of the Maryland Legislative Agenda for Women.

Even in her private life, Reggie is a proven advocate for reproductive rights. She founded and co-chaired the Maryland Coalition for Emergency Contraception, generating grassroots support for legislation allowing pharmacists to dispense Plan B - emergency contraception pills - without a prescription, in Maryland. This would enable women who can't see a doctor to prevent pregnancy after rape or contraceptive failure. The Coalition succeeded in uniting health care and reproductive rights organizations and individual supporters around the state - missing its goal by just one vote. But victory was still to be had. Just a few months later, almost certainly in response to such public pressure, the U.S. Food and Drug Administration finally approved the availability of Plan B without a prescription for women over 18.

Reggie co-chaired the Democratic Central Committee's Spring Ball in 2006. In the same year, she ran for State Delegate in District 16, garnering the endorsement of the Washington Post and almost 8000 votes.

A graduate of Smith College, Reggie earned her law degree with honors at Georgetown University Law Center. She is now Senior Counsel for Family Economic Security at the National Women's Law Center, with particular focus on taxes, the federal budget, and women in poverty. She previously served as Chief of Staff to Montgomery County Councilmember Roger Berliner and was a legislative aide to former Maryland State Senator Sharon Grosfeld. Reggie is on the Boards of Directors of Planned Parenthood of Metropolitan Washington, and its Action Fund. She serves on the board of Montgomery Women, and the Advisory Board of the Sexual Assault Legal Institute.

While she was doing all this, she managed to raise two children as well, thus Reggie has faced the challenges of a working mother, and added the hurdles of advocacy for the underserved to her load. It was to recognize these efforts that the Commission for Women nominated her as its Woman of Achievement for 2008.

The Women of Achievement program is an initiative of the Montgomery County Business and Professional Women's organization, with co-sponsorship by the Commission for Women. Other honorees at this very special event included:

- Cynthia Callahan, Montgomery County Women's Bar Association
- Brooke Davies, Bethesda - Chevy Chase Rescue Squad
- The Honorable Gail H. Ewing, Montgomery County Councilwoman Emeritus
- Catriona Fraser, The Fraser Gallery
- Linda Friedman, Custom Safaris
- Ginny Gong, Organization of Chinese Americans
- Ginanne Italiano, The Greater Bethesda-Chevy Chase Chamber of Commerce

INSIDE THIS ISSUE

| | |
|---|--------|
| Women and Voting..... | page 3 |
| New Commissioners..... | page 5 |
| Women of Our Time: Twentieth Century Photographs..... | page 5 |
| Domestic Violence Awareness Month..... | page 6 |
| Diabetes Health News..... | page 8 |
| Calendar of Events..... | page 9 |

Ready to Vote?

Election Day, November 4th is fast approaching. While most of the attention has been focused on the race for the White House, there are many other items on the ballot for you to consider this election year. Ballots for those living in Montgomery County, Maryland will include:

Candidates for:

- Congressional Representatives
- Judge of the Circuit Court
- Judge, Court of Special Appeals
- Board of Education

Ballot Questions:

- Two Amendments to the Maryland Constitution
- Two Amendments to Montgomery County's Charter

In Montgomery County, be sure to check your mail the last week of October. The Board of Elections will mail out sample ballots on October 24 to all registered voters. Also, on Election Day, each polling place will have sample ballots posted to help you, the voter, become familiar with your choices.

Are You Registered to Vote?

In Maryland, the voter registration deadline was October 14th, 2008. You are officially registered when you have received the voter notification card from the Board of Elections. If you have not received a card within three (3) weeks of sending in your voter registration application, call the office at 240-777-8500. The voter notification card includes your name, address, party affiliation, polling place location, and respective election districts.

Check for your voter registration on-line at www.mdelections.umd.edu or call 240-777-8500.

Do You Know Where to Vote?

Be sure that you go to the correct polling location to vote. Your polling location is determined by where you live. Check for your polling location at www.mdelections.umd.edu or call 240-777-8500.

Absentee Voting?

If you are not able to get to your polling place on Election Day, you may request an absentee ballot. In Maryland, anyone registered to vote can request an absentee ballot until October 28th. The form to request a ballot can be found at www.777vote.org or call 240-777-8550.

After the deadline, a Late Application for Absentee Ballot may be completed in person at the Board of Elections. Visit www.777vote.org or call 240-777-8550 for more information.

*Note: Maryland does not have a permanent absentee list. If you wish to vote by absentee ballot, you must **apply** for an absentee ballot **each** primary and general election cycle.*

Are there Touchscreens this Year ?

Yes, in Maryland there will be Touchscreen voting. When you receive your sample ballot there will be:

- Instructions on how to use the Touchscreen voting machines - citizens may visit <http://www.mdvotes.org/demo.php> for a live demonstration of the Touchscreen Voting machine
- Directions on how to use the review screen on the Touchscreen voting machines prior to casting ballots
- Screen shots of the ballot that will appear on Touchscreen voting machines

*Important Note: Do not take your voted absentee ballot to the polls on Election Day. **Absentee ballots turned in at the polls will not be counted.** On Election Day, you may deliver your voted absentee ballot to Montgomery County Board of Elections 751 Twinbrook Parkway Rockville, Maryland 20851.*

Contact Information for the
Montgomery County Board of Elections
751 Twinbrook Parkway
Rockville, Maryland 20851

240-777-VOTE (8683)
24-hour information line

1-800-735-2258 (MD Relay)

www.777vote.org

Election Day Reminders

In Maryland polls are open from 7:00 a.m. until 8:00 p.m. on Election Day.

Anyone in line at 8:00 p.m. will be allowed to vote. Shorter lines are expected from 10:00 a.m. to 4:00 p.m.

No cellphones, pagers, cameras, or computers may be used by voters in the polling place.

Up to two children, 13 or under, may accompany a voter into the voting booth.

Why Are Candidates Courting Women's Votes?

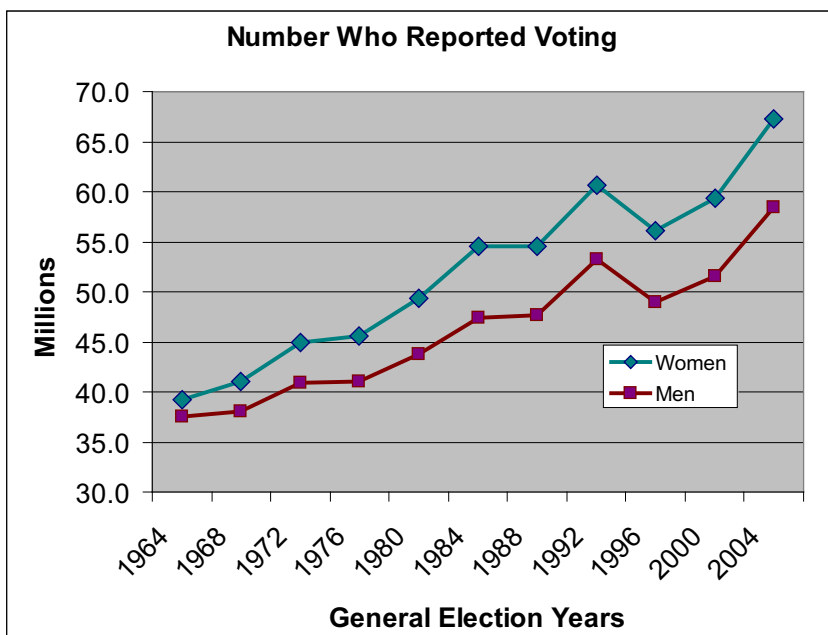
Source: Based on National Women's Law Center: www.nwlc.org/vote08

More Women Vote

In nearly every election cycle, more women vote than their male counterparts. In the 2004 election cycle, nearly 8.8 million more women voted than men. This election cycle many candidates have been courting the female vote. While not all women have the same stance on the issues, as a potential bloc of votes, women do have the power to vote in and out candidates of their choice.

While every election is important, the National Women's Law Center lists the following reasons why women's votes in this election are vital in the shaping of local, state, and national policies.

- Women confront unique challenges in affording and purchasing health care.
- Women face unequal pay and other discrimination on the job.
- Funding for women's priorities is at risk of being cut.
- Women depend more often on Social Security income than men do.
- Women struggle to manage work and family responsibilities.
- Single mothers have a hard time providing for their families on their own.
- Women lack equal opportunities and access to affordable, quality education.
- Women have unmet reproductive health needs.
- Federal judges make decisions every day that affect women's legal rights



Source: http://www.cawp.rutgers.edu/fast_facts/voters/documents/genderdiff.pdf

Remember, women have only had the right to vote for 88 years!

Be prepared to vote on November 4th!

| Election Questions and Facts | |
|---|---|
| There have been many rumors about being able to vote in this election, here are some questions and facts for voting in Maryland. | |
| College Students: If a college student registers to vote at the student's college address will the student's parents be able to claim the student as a dependent for tax purposes? | FACT: A student registering to vote in another state alone will not jeopardize a parent's ability to claim a student as a dependent for tax purposes. Dependency is addressed by the federal Internal Revenue Code, and is mostly determined by students' age and income, not their voter registration or legal residence. |
| Campaign Merchandise: If I wear a campaign button or t-shirt into the polling place, will I be allowed to vote? | FACT: In Maryland, a voter may wear campaign paraphernalia (buttons, t-shirts, or stickers) into the polling place while he or she is there to vote (the voter may not linger in the polling place after voting). However, an election judge, challenger and watcher, or other person stationed inside the polling place or within 100 feet of the polling place may not wear or display campaign materials. |
| Foreclosure: If my home is in foreclosure, will I be allowed to vote? | FACT: Maryland's Constitution (Art. I, § 1) guarantees each citizen who is 18 years old and a resident of the State the right to vote. The fact that your home is in foreclosure has no bearing on your right to vote. It may, however, affect where you vote. If you have left your home and taken up a new residence, you will need to update your voter registration (by October 14, 2008) and vote in the election district and precinct for your new residence. |
| Get more information about voting in Maryland at www.elections.state.md.us/press_room/rumor_control.html | |

Do You Know a Teenager With a Free Saturday?

**IT'S
ALL
FREE!**

Preparing for Success!

**Getting Into
College &
Paying for It**

**Resumé
Writing &
Interview
Techniques**

**Survivor's
Guide to
Independence**

**The
'Right Look'
Fashion
Show**

**Street Law
& How To
Stay Safe**

**Lunch
Provided!
Raffle
Prizes!**

November 22, 2008

10:00 am - 4:30 pm

**Montgomery College, Germantown Campus
Humanities & Social Science Center
20200 Observation Drive
Germantown, MD 20876**

*Registration is in the HS Humanities
and Social Sciences Building.*

FREE BUS SERVICE from these pick-up points:

| | |
|------|---------------------|
| 9:00 | Watkins Mill HS |
| 9:15 | Gaithersburg HS |
| 9:30 | Quince Orchard HS |
| 9:15 | Montgomery Blair HS |
| 9:30 | Einstein HS |
| 9:15 | Paint Branch HS |
| 9:30 | Blake HS |

For more information, please call Lilli Khozeimeh, Esq., 301-340-9090.



Mail-in registration form is on the back
or you may register on-line at

www.preparingforsuccess.org

New Commissioners

County Executive Isiah Leggett has appointed four new commissioners. The Commission for Women welcomes the following new commissioners:

Jennifer Cryor Baldwin: Ms. Baldwin, a resident of North Potomac, is the Regional Nurse Executive for Kaiser Permanente, where she leads efforts to plan, design, develop and maintain nursing standards and competency systems for the region. For five years prior to accepting this position in 2007, she was the Senior Vice President for Patient Care and Services and the Chief Nurse Executive at Holy Cross Hospital. She has held nursing, administrative and policy positions at Inova Fair Oaks Hospital, Georgetown University Hospital, and the U.S. Department of Health and Human Services. Ms. Baldwin holds a Masters Degree in Public Administration and has completed eight marathons!

Wilma K. Holmes: Ms. Holmes is the principal of the Flower Valley Elementary School in Rockville, a position she has held for 16 years. A resident of Olney, Ms. Holmes has worked for the Montgomery County Public Schools since 1964, holding positions from classroom teacher to Director of Human Relations, Equal Employment Officer, and Supervisor of Elementary Education, before returning to her first love, working with students and faculty in the school building. She is a member of the Montgomery County Alumnae Chapter of the Delta Sigma Theta Sorority, the Silver Spring Chapter of the Links, Inc., and the planning committee for the County Executive's Arts and Humanities Council Executive Ball.

Manar S. Morales: Ms. Morales, a resident of Potomac, is an attorney who works as the Director of Strategic Alliances for the Center for WorkLife Law. In addition, Ms. Morales is an adjunct faculty member of Georgetown University's Paralegal Studies Program where she also serves on the Advisory Board. Ms. Morales serves on the Advisory Committee for the Womens Law Center of Maryland. Prior to joining WorkLife Law, Ms. Morales worked as a litigator representing employees and unions in all aspects of labor and employment law in federal and state courts and before federal and state agencies.

Sanjay Rai: Dr. Rai has been the instructional dean of science, engineering and mathematics since 2004 at Montgomery College. Dr. Rai previously taught developmental, undergraduate, and graduate level mathematics and statistics courses at four universities, and contributed to program design at two universities. He completed a B.S. in Statistics, Physics, and Mathematics from the University of Allahabad in India, an M.S. in Mathematics from the same institution, an M.S. in Mathematics from Dalhousie University in Halifax, Canada, and a Ph.D. in Mathematics from the University of Arkansas in Fayetteville, where he received several awards for excellence in teaching and for scholarship.

Women of Our Time: Twentieth Century Photographs

Source: Smithsonian's National Portrait Gallery

The Smithsonian's National Portrait Gallery is pleased to present "Women of Our Time: Twentieth-Century Photographs." The exhibition is a selection of 90 images, drawn exclusively from the Portrait Gallery's collection, that celebrate women who have challenged and changed America over the past century.

Through this collection of revealing works, the Portrait Gallery highlights women who have reached the summit of achievement in politics, business, the arts, sports and science. The exhibition includes photographs of Margaret Wise Brown, Amelia Earhart, Althea Gibson, Billie Holiday, Helen Keller, Marilyn Monroe, Georgia O'Keeffe, Gertrude Stein, Gloria Steinem and Wendy Wasserstein.

This is the first time that the exhibition will appear in Washington, D.C. This exhibition is sponsored by The Morris and Gwendolyn Cafritz Foundation.

Admission to the National Portrait Gallery (8th & F streets NW) is free, open daily from 11:30 a.m. to 7 p.m. The exhibit runs through February 1, 2009.

For more information visit www.npg.si.edu or call 202-633-8300.

BI-LINGUAL VOLUNTEERS NEEDED

The CFW Counseling and Career Center is seeking volunteers who are bi-lingual in English and Spanish to work at the Center's Information and Referral Desk. A commitment of four hours per week for 6 months is requested and training is provided. If interested, please contact Lynn Barclay at 240-777-8300.

Domestic Violence Awareness Month

Source: Montgomery County Commission for Women Brochure, "Let's Talk About Violence In Relationships"

The Commission for Women is recognizing Domestic Violence Awareness month with a new brochure, "Let's Talk About Violence in Relationships." This brochure is geared to adolescents, adults, and parents. It encourages them to recognize, understand, and discuss the facts about relationship violence.

More women and girls are assaulted, raped and murdered not by strangers, but by people they know, with whom they share a home, or they invite into their homes. Domestic violence or sexual assault can happen to anyone, including women of all races, ages, and socio-economic status. Arm yourself with the knowledge to recognize abusive relationships, reduce your risk of assault in social situations, and understand when an encounter was acquaintance rape.

Crime Reports for
Montgomery County,
Maryland show that:

- Every woman who was murdered in the County in 2006 was killed by someone she knew.
- 79% of all reported rape victims in 2006 were related to or otherwise knew their attackers.
- 35% of all reported rape victims in 2006 were under the age of 18.

Signs of an Abusive Relationship:

Avoid dating people who:

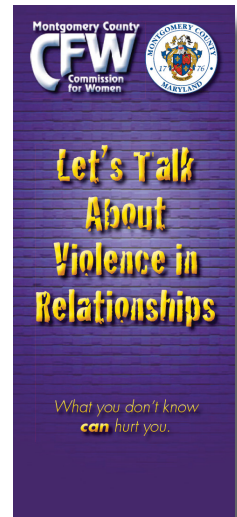
- Try to control or restrict your behavior and activities.
- Have angry outbursts.
- Criticize or demean you, or those you care about.
- Intimidate or threaten you.
- Physically restrain or hurt you.
- Take foolish risks to show off.
- Enjoy hurting animals.
- Abuse drugs or alcohol.
- Pressure you to drink or take drugs.
- Isolate you from other relationships.
- Pressure you for sex or dates.
- Make all the decisions for you.
- Blame you for their abusive behavior.
- Are overly jealous of your relationships with others.

How to reduce the risk of assault in social situations:

- When you go to a party, go with a group of friends. Arrive together, check in with each other and leave together.
- Practice safe drinking. Try not to leave any beverages unattended and do not accept drinks from someone you don't know or trust.
- Don't trust people you don't know well.
- Have a buddy system. Don't be afraid to let a friend know if something is making you uncomfortable or if you are worried about your or your friend's safety.
- If someone you don't know or trust asks you to go somewhere alone, say that you would rather stay with the group.
- Be aware of your surroundings. Knowing where you are and who is around you may help you to find a way out of a bad situation.
- Don't drink so much that you can't make good decisions.

***Remember: acquaintance rapists often encourage their victims to "get drunk" to make the attack easier.**

**Remember, it's never
your fault
if you are assaulted.**



Acquaintance Rape:

The acquaintance rapist may be someone you just met or may even be a friend, but it is always someone who has sex with you without your consent. This form of assault can be a particular problem on college campuses, in high schools, and at gathering places such as bars and parties.

Most acquaintance rapes go unreported and undetected by authorities. The victim may feel embarrassed or intimidated because she was in his company willingly, so she doesn't seek help.

The Undetected Rapist:

Undetected rapists commit acquaintance rapes but are never reported or prosecuted. They often go on to assault others.

Undetected Rapists:

- Use alcohol or drugs to make their victims more vulnerable to attack.
- Target victims – often unsuspecting young people looking for friendship, or just trying to “fit in.”
- Plan their assault.
- Take the victim away from friends or the crowd.
- Use only a limited amount of violence, just enough to subdue or frighten their victim into submission.
- Use psychological weapons – power, control, manipulation and threats – backed up by physical force.
- Almost never resort to weapons such as knives or guns.

A Note To Parents

Talk to your children:

- We can all play an important role in stopping domestic violence and sexual assault.
- Domestic violence and sexual assault are men's issues too. Speak out when someone tells an offensive joke, blames sexual or domestic violence on the victim victims, or implies that sexual assault, rape or domestic violence is acceptable.

Men can help prevent violence in relationships by:

- Never using offensive language to describe women;
- Challenging violence-supporting attitudes, and behaviors in others;
- Raising awareness of the damaging impact of violence in relationships;
- Modeling appropriate behavior toward partners.

Tell your children:

- Violence is never the answer: Violence is never acceptable in a relationship.
- It is **NEVER** your fault if you are attacked: Violent behavior is **ALWAYS** the responsibility of the offender.
- There is no doubt: Without a partner's consent, it **IS** rape, it **IS** assault.
- Your safety is more important than whether you have broken any family rules:

No matter what the situation, you can call for a ride home anytime – no questions asked.

| Domestic Violence Resources | |
|---|--|
| Local Resources | National Resources |
| Montgomery County Abused Persons Program 240-777-4195 240-777-4673 (24 hours) | National Domestic Violence Hotline 1-800-799-SAFE (7233) 1-800-787-3224 (TTY) |
| Montgomery County Victim Assistance and Sexual Assault Program (VASAP) 240-777-1355 240-777-HELP (24 hours) www.montgomerycountymd.gov/vasap | National Sexual Assault Hotline 1-800-656-HOPE (free and confidential) www.rainn.org |
| Maryland Network Against Domestic Violence 301-352-4574 1-800-MD-HELPS (63-43577) www.mnadv.org | Men Can Stop Rape 202-265-6530 www.mencanstoprape.org |
| Maryland Coalition Against Sexual Assault 1-800-983-RAPE (toll free) www.mcasa.org | National Teen Dating Abuse Helpline www.loveisrespect.org 1-866-331-9474 |
| Sexual Assault Legal Institute 301-565-2277 1-877-496-SALI (toll free) | Curriculums on Dating Violence Available at: www.hazeldon.org/safedates www.breakthecycle.org www.kbep.org |

November is Diabetes Awareness Month

Source: www.diabetes.niddk.nih.gov

Almost everyone knows someone who has diabetes. An estimated 20.8 million people in the United States—7.0 percent of the population—have diabetes, a serious, lifelong condition. Of those, 14.6 million have been diagnosed, and 6.2 million have not yet been diagnosed. In 2005, about 1.5 million people aged 20 or older were diagnosed with diabetes.

What is Diabetes?

Diabetes is a disorder of metabolism—the way our bodies use digested food for growth and energy. Most of the food we eat is broken down into glucose, the form of sugar in the blood. Glucose is the main source of fuel for the body.

After digestion, glucose passes into the bloodstream, where it is used by cells for growth and energy. For glucose to get into cells, insulin must be present. Insulin is a hormone produced by the pancreas, a large gland behind the stomach.

When we eat, the pancreas automatically produces the right amount of insulin to move glucose from blood into our cells. In people with diabetes, however, the pancreas either produces little or no insulin, or the cells do not respond appropriately to the insulin that is produced. Glucose builds up in the blood, overflows into the urine, and passes out of the body in the urine. Thus, the body loses its main source of fuel even though the blood contains large amounts of glucose.

What are the Types of Diabetes ?

Type 1 Diabetes

Type 1 diabetes is an autoimmune disease. An autoimmune disease results when the body's system for fighting infection (the immune system) turns against a part of the body. In type 1 diabetes, the immune system attacks and destroys the insulin-producing beta cells in the pancreas. The pancreas then produces little or no insulin. A person who has type 1 diabetes must take insulin daily to live.

Type 1 diabetes accounts for about 5 to 10 percent of diagnosed diabetes in the United States. It develops most often in children and young adults but can appear at any age.

Type 2 Diabetes

The most common form of diabetes is type 2 diabetes. About 90 to 95 percent of people with diabetes have type 2. This form of diabetes is most often associated with older age, obesity, family history of diabetes, previous history of gestational diabetes, physical inactivity, and certain ethnicities. About 80

percent of people with type 2 diabetes are overweight. The symptoms of type 2 diabetes develop gradually. Their onset is not as sudden as in type 1 diabetes. Symptoms may include fatigue, frequent urination, increased thirst and hunger, weight loss, blurred vision, and slow healing of wounds or sores. Some people have no symptoms.

Gestational Diabetes

Some women develop gestational diabetes late in pregnancy. Although this form of diabetes usually disappears after the birth of the baby, women who have had gestational diabetes have a 20 to 50 percent chance of developing type 2 diabetes within 5 to 10 years. Maintaining a reasonable body weight and being physically active may help prevent development of type 2 diabetes.

About 3 to 8 percent of pregnant women in the United States develop gestational diabetes. As with type 2 diabetes, gestational diabetes occurs more often in some ethnic groups and among women with a family history of diabetes. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin. Women with gestational diabetes may not experience any symptoms.

How is Diabetes Diagnosed?

The fasting blood glucose test is the preferred test for diagnosing diabetes in children and nonpregnant adults. It is most reliable when done in the morning.

How can I tell if I have diabetes problems?

You may have diabetes problems if:

- Your blood pressure is 130 over 80, or higher;
- You have pain in your chest;
- You have blurry or double vision, or feel pain or pressure in your eyes;
- You have foot problems—such as blisters, ingrown toenails, or cracked skin—that get infected;
- Your arms, hands, legs, or feet feel numb, or you feel shooting pains.

Talk With Your Doctor

Starting a conversation with your doctor is an excellent way to empower yourself on your health.

A few questions you may want to ask your doctor are:

- Given my family and medical history, am I at risk?
- Are there any lifestyle modifications I could make, such as diet and exercise, that can help prevent diabetes?

Diabetes Websites and Resources

| | |
|---|--|
| American Diabetes Association 1-800-DIABETES www.diabetes.org | National Diabetes Information Clearinghouse 1- 800- 860- 8747 www.diabetes.niddk.nih.gov |
| Office of Women's Health 1-800-994-WOMAN (1-800-994-9662) TDD: 1-888-220-5446 www.4woman.gov | The Diabetes Monitor www.diabetesmonitor.com |

Counseling and Career Center

Upcoming Workshops

RECESSION PROOF YOUR BUSINESS

Tuesday, November 18, 2008 6:30 p.m. - 8:30 p.m.
(1 session) FEE: \$20

Learn new ways to generate innovative ideas, think more creatively and maximize your current resources.

This seminar will teach you how to increase:

- The number of clients/customers for your business
- The average size of the sale per client/customer
- The number of times clients/customers return and buy your products and services.

Presented by Robert Moment, author of *Invisible Profits: The Power of Exceptional Customer Service*.

TO GIVE OR NOT GIVE . . . ADVICE

Tuesday, November 18, 2008 10:00 a.m. - noon
(1 session) FEE: \$20

Many people like to give advice. Giving advice can be very rewarding or extremely frustrating.

In this workshop, you will learn some techniques on when, why, how and whether or not giving advice matters.

Presented by Eliane Herdani, M.S., LCPC.

CARING COMMUNICATION FOR COUPLES

Tuesday, November 18, 2008 6:30 p.m. - 8:30 p.m.
(1 session) FEE: \$20 per person (Couples Only)

Have you ever felt like you and your mate were speaking different languages?

Each individual in a relationship has different ways of communicating affection and love. In this workshop, you will learn to recognize what you and your mate each need to feel loved, respected and secure. This session will also provide valuable insight into understanding each other's ways of communicating. The course will further examine ideas for building a reserve of love and respect on which you draw when things are not going well, thus increasing the strength and intimacy in a relationship.

This workshop is for COUPLES ONLY.
Participants must be interviewed before registration.

Presented by Marian Horton, MSW and Personal Coach and Clyde Horton.

In order to register, please contact Louise Hanson or Susan Koenig at 240-777-8300

NEGOTIATING SALARIES AND BENEFITS

Tuesday, November 18, 2008 7:00 p.m. - 8:45 p.m.
(1 session) FEE: \$20

Whether you are accepting a new position or seeking an improved compensation package for your present job, it is important to learn negotiating strategies. The concepts and techniques you will acquire in this workshop could improve your chances for higher income and better benefits.

Presented by Rachel L. Manchester, M.S.

THE COVER LETTER: TARGETING THE JOB

Wednesday, November 19, 2008 6:30 p.m. - 8:30 p.m.
(1 session) FEE: \$20

In a job search, the cover letter surpasses the resume in getting the employer's attention, matching your skills to a particular job and demonstrating your writing skills.

In this workshop, you will learn to write effective cover letters that will be key elements in getting job interviews. **You may bring one of your cover letters for review.**

Presented by Lois Morris, M.A.

TO STAY OR TO GO

Thursday, November 20, 2008 10:00 a.m. - 1:00 p.m.
(1 session) FEE: \$30

Explore your options and goals in choosing to remain or leave a difficult personal relationship. Learn decision making strategies that will help you to reach a positive outcome.

Presented by Anne B. Lee, MSCC

PERFECTIONISM: MYTHS AND REALITY

Friday, November 21, 2008 10:30 a.m. - noon
(1 session) FEE: \$20

Is your self-worth based on achievement?
Do you only see your mistakes and not your accomplishments?

Come to this supportive and informative seminar. Realistic and attainable steps to successfully manage your perfectionist tendencies will be presented

Presented by Janet Akman, LCSW-C

ONLINE REGISTRATION & PAYMENT AVAILABLE FOR ALL WORKSHOPS!!

For the full calendar of workshops and seminars offered please visit us:
www.montgomerycountymd.gov/cfw

Montgomery County Commission for Women
401 N. Washington Street, Suite 100
Rockville, Maryland 20850-1703
www.montgomerycountymd.gov/cfw

PRSRT STD
U.S. Postage
PAID
Rockville MD
Permit No. 138



Call us at 240-777-8300 or visit our website to learn more about our Counseling & Career Center, workshops, programs and other services.

SAVE THE DATE: Sunday, January 25, 2009

WLB
Women's Legislative Briefing



2009 Women's Legislative Briefing

KEYNOTE SPEAKER:

Congresswoman Donna Edwards

Representative For Maryland's 4th Congressional District

TIME: 12:30 P.M. - 5:00 P.M.

**NEW LOCATION: University of Maryland, Shady Grove Campus,
Bldg II, 9630 Gudelsky Drive, Rockville, Maryland**

The Women's Legislative Briefing will conclude with a reception providing guests the opportunity to meet with County and State elected officials, and to network with advocates and representatives of other women's organizations.

**THIS EVENT IS FREE AND OPEN TO THE PUBLIC.
PRE-REGISTRATION IS REQUIRED. REGISTRATION OPENS NOVEMBER 2008.**

For more information, please contact the Montgomery County Commission for Women at 240-777-8330.

www.montgomerycountymd.gov/cfw